



**Eden Prairie Hockey Association  
COVID-19 Preparedness Plan  
Updated 2/8/2021**

**Phase V Return to Play Start: January 14, 2021**

Eden Prairie Hockey Association (“EPHA”) has implemented guidelines to help reduce the spread of COVID-19. These guidelines are taken from strategies set forth by the Minnesota Department of Health (“MDH”) and its [Guidance for Social Distancing](#) in youth sports, the Center for Disease Control (“CDC”), USA Hockey, Minnesota Hockey, and other local governing bodies. EPHA, in concert with the Eden Prairie Community Center (“EPCC”) and Velocity Hockey Center (“Velocity”) will continue to update its COVID-19 Preparedness Plan as new guidelines are announced. EPHA requires each of its members to follow these guidelines.

The information in this Preparedness Plan is not intended to be a substitute for any diagnosis, treatment or other professional medical advice. The information surrounding COVID-19 is constantly changing and EPHA makes no representation and assumes no responsibility for the accuracy and completeness of the information contained in this Preparedness Plan. However, EPHA will continue to do its best to update this Preparedness Plan and its members as to any changes mandated by the MDH, CDC, Minnesota Hockey, and other governing bodies. Questions or concerns regarding this plan should be directed to Sarah Hendrickson ([secretary@ephockey.com](mailto:secretary@ephockey.com)).

EPHA continues to work closely with both the Eden Prairie Community Center (“EPCC”) and Velocity Hockey Center (“Velocity”). Both of these facilities are committed to providing a safe and clean environment for those who enter and use their rinks. Both rinks have instituted similar rules which need to be followed by all EPHA members when using their facilities. The rules and guidelines set forth in this EPHA Preparedness Plan align with the new COVID-related guidelines enacted by both EPCC and Velocity.

The rules set forth in EPHA’s Preparedness Plan reflect **Phase 5** of Minnesota Hockey’s Return to Play Guidelines, effective **January 14, 2021**. **In the event changes to the current phase are made via Minnesota Hockey, the preparedness plan will be updated,** and the Association’s members will be notified immediately.

**In order to safely return to youth hockey following the pause on youth sports which began on November 19, 2020, Minnesota Hockey has released its Phase 5 plan to be in accordance with guidelines set forth by MDH, and Governor Walz.** Included within these guidelines are the following (for a full list of Minnesota Hockey’s current return to play guidelines, visit [www.ephockey.com/COVID19](http://www.ephockey.com/COVID19))

- All players and coaches must wear a mask at all times both on and off the ice.
  - Note: In accordance with the Executive order - players ages 5 and under are not required to wear a mask on ice. It is recommended - but not required.
- During Phase 5, spectators for practices will be limited to one spectator per player. With the exception of Mite/8U and Disabled Hockey players, it is not recommended to have spectators at practice
- During Phase 5, spectators for games will be limited to two spectators per player. Exceptions will be made when needed for parents/guardians who must bring other children into the arena with them. All spectators will be required to wear a facial covering and maintain proper social distance guidelines.
  - Note: Some arenas may further limit the number of spectators to less than two per player based on size of facility and ability to maintain proper social distancing. Check with specific arenas before events for their guidelines.
- Players and Coaches may enter the facility no more than 10 min prior to the start of their ice time, and must leave the facility within 10 min post-ice. Goalies may enter 15min prior to ice time to allow for additional time to finish dressing.
- Players must come fully dressed, goalies must arrive half-dressed at a minimum.
  - Note: Players can put skates and helmets on at the rink if needed.
- No equipment bags will be allowed in facilities with the exception of goalies. Small drawstring bags or small backpacks may be utilized to help carry in smaller items and store personal belongings (medications, phones, keys, etc). Coaches and officials may also need to bring in bags that carry supplies for practice/games.
- Locker Rooms are strongly discouraged, but can be opened at each facility's discretion. Social distancing guidelines must be observed, and no more than 7 people allowed in a locker room at any one time. Locker Rooms can only be used to put on skates for players, with the exception of goalies.
- No resurfacing of the ice during games (between periods)
- Players or coaches with any risk factors or COVID-19 symptoms should not participate.
- All participants must be registered with USA hockey for the 2020-2021 season.
- Players should follow all posted rink guidelines and the EPHA COVID-19 preparedness plan.
- EPHA will follow Minnesota Hockey's Association Guidelines for Managing Confirmed COVID-19 Cases.
- Each team will have a designated COVID manager volunteer position who will be responsible for responding to COVID-19 concerns and will help coordinate with the EPHA and local health authorities regarding positive cases.
- EPCC Dryland area is closed until further notice and indoor team training within an arena/rink is not allowed during Phase 5. Outdoor dryland training is available with social distancing measures in place.
- Out of state tournament travel by the EPHA must be approved by the District 6 Director.

## **AT-HOME PREPARATION BEFORE YOU ARRIVE AT THE RINK:**

- Coaches and players with any risk factors or illnesses should not participate in any on-ice or off-ice activity. Any player, coach, parent, or spectator exhibiting any symptoms or signs of an illness should NOT be in the rink or any activity at any time.
- A self-check should be performed by each member prior to participating in any EPHA activities. A sample monitoring document can be found here: <https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf>
- If any of the following conditions exist, do not attend your EPHA activity:

- Recent contact with a known infected person(s)
- Experiencing typical symptoms of the COVID-19 illness
- If temperature is elevated, and a fever is suspected, do not come to your EPHA event.
- All coaches and players must be registered with USA Hockey for the 2020-21 season and complete the USA Hockey waiver before participating in any EPHA sanctioned activity.
- Players must be registered with the EPHA before any on-ice activity will be allowed.
- It is expected that families will provide the coaches and team COVID managers with accurate contact information with a responsible parent/guardian who:
  - is able to be reached at all times during an EPHA event in case of an emergency.
  - is available to immediately return to the rink if required.
  - is to be used for any contact tracing, in case of an emergency.

## **RINK REQUIREMENTS and EXPECTATIONS:**

- Complete your health self-check before arriving at your assigned Rink.  
<https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf>
- If you have a fever >100.4, a cough or other COVID symptoms, do not attend your scheduled ice time.
- Appropriate social distancing is required at all times for any players, coaches and spectators.
- Eden Prairie Community Center (EPCC) and Velocity are continually updating their rink specific COVID-19 plans to align with MDH and Minnesota Hockey recommendations and requirements. Links to updated plans can be found at [www.ephockey.com/covid19](http://www.ephockey.com/covid19).
- EPHA expects these minimum expectations are followed by all players, coaches and spectators to ensure we remain as safe as possible:

### **1) ARRIVAL:**

- a) All players, coaches and spectators must wear a mask at all times both on and off the ice.
  - i) At EPCC, all participants must enter through the door nearest to their assigned rink. Avoid walking through the building, rather walk outside the building. Utilize the marked directional entrance and exit doors.
    - (1) Rink 1, enter through main EPCC entrance.
    - (2) Rink 2, enter through doors in back of building.
    - (3) Rink 3, enter through rink 3 doors labeled Ice Arena.
  - ii) At VELOCITY, all participants must enter through the main entrance doors and exit through the side door.
- b) It is expected that players arrived fully dressed, with the exception of skates, gloves and helmets.
  - i) Exceptions are made for goalies who will require additional equipment, and will be allowed to arrive half dressed to the rink.
  - ii) Players and coaches are not allowed to bring their hockey bag into EPCC & Velocity facilities (subject to change). Goalies & Officials may bring their bags.

### **2) MASKS:**

- a) ALL players, coaches, officials must wear a mask at all times both when on and off the ice.
  - i) Masks must fully cover the nose and mouth.
  - ii) CCM Game On masks and Bauer Bubble with Splash Guards are HECC & MDH approved for use.
    - (1) Any unapproved helmet attachment will negate the HECC warranty.
    - (2) You may use a face shield, but a face covering must still be worn.
  - iii) Note: In accordance with the Executive order - players ages 5 and under are not required to wear a mask on ice. It is recommended - but not required.
- b) ALL spectators must wear a mask at all times when entering, exiting or inside of the facility.
- c) Coaches MUST wear a mask at all times before, during and after any practice or games. This includes when coaching on-ice and on the bench.
- d) On the bench, a mask is required to be worn by coaches, door attendants and scorekeepers/clock operators.
- e) Face Covering Specifications:
  - i) Types of face coverings can include a paper or disposable mask, a cloth mask, a neck gaiter, a scarf, a bandana, or a religious face covering.
  - ii) A face covering must cover the nose and mouth completely.
  - iii) The covering should not be tight or restrictive and should feel comfortable to wear.
  - iv) Mouthguards are required equipment, but for the 2020-21 season, they do not need to be tethered.

### **3) MEDICAL EXEMPTIONS**

- a) If a player has a medical waiver for medical issues such as severe asthma (exercise, cold-induced or both) and are concerned about their ability to safely play while wearing a mask, they should consult with their Doctor or Specialist.
- b) If deemed medically necessary, a medical exemption letter must be provided by the physician.
- c) A copy of the letter must be provided to [secretary@ep hockey.com](mailto:secretary@ep hockey.com) as well as the team's coach in order to show opponents and officials as necessary.

### **4) WATER BOTTLES, RESTROOMS and LOCKER ROOMS**

- a) Players need to provide their own water bottles filled at home and clearly labeled with the player's name. Water fountains are not available at either EPCC or VELOCITY.
- b) There is to be no spitting or water bottle squirting anywhere within a Rink facility.
- c) Please have all players use the restroom at home before practice and games to limit the use of restrooms at the rinks.
- d) Facilities will open 15 minutes ahead of scheduled ice time for goalies. All other players may enter 10 minutes prior. Please wait for the previous group to completely exit the facility before entering.

### **5) OFF-ICE DRYLAND and PRE-GAME WARMUPS**

- a) The Rink 2 Dryland and Stickhandling Areas are closed until further notice.
  - b) Any off-ice dryland or pre-game warmups need to be executed outside and not within any rink facility.
- 6) ON-ICE ACTIVITIES:**
- a) Activity on the ice is limited to 2 groups of 25 which includes players and coaches. In Phase 5, these groups should not intermingle and must remain separate at all times.
  - b) Players should not leave the ice during practice unless absolutely necessary.
- 7) EXITING AFTER ICE TIME:**
- a) All players must be out of the building no later than 10 minutes after their ice time has ended.
  - b) For players aged 8 and under, each parent/guardian must exit the facility with their player immediately after practice.
  - c) Avoid players hanging around the facility waiting for a ride.
- 8) GAMES AND SCRIMMAGES (PHASE 5 - 1/14/2021):**
- a) In the score/announcer/penalty box, no more than two assigned adults are responsible for the clock, scoresheet and both penalty boxes with no one else allowed in the area. Masks must be worn and social distancing maintained.
  - b) No more than 2 coaches allowed per bench during games, and all Coaches must wear a mask.
  - c) Pre-game and post-game handshakes are not allowed. Minnesota Hockey suggests teams honor each other after the game with a “stick salute”.
- 9) SPECTATORS:**
- a) During Phase 5, spectators for practices will be limited to one spectator per player. With the exception of Mite/8U and Disabled Hockey players, it is not recommended to have spectators at practice
  - b) During Phase 5, spectators for games will be limited to two spectators per player. Exceptions will be made when needed for parents/guardians who must bring other children into the arena with them. All spectators will be required to wear a facial covering and maintain proper social distance guidelines.
    - i) Note: Some arenas may further limit the number of spectators to less than two per player based on size of facility and ability to maintain proper social distancing. Check with specific arenas before events for their guidelines.

## **EMERGENCY PLAN & PREPAREDNESS FOR POTENTIAL SICK PLAYERS:**

- All EPHA Rostered teams will be required to name a COVID manager. The COVID manager can either be a parent, coach or team manager. This individual will need to complete the safe sport and background check requirements as defined by USA Hockey. The role of the COVID manager will include the following activities:
  - Maintain up-to-date contact information for all players, parents and coaches
  - Be the point of contact to Sarah Hendrickson - Eden Prairie Hockey Board COVID

- Update the team on any changes in rink or facility COVID specific plan changes or requirements
- Upon a positive test to a player or coach on their team, notify any opponents or teams that practiced or played with the infected player over the previous 14 days.
- In the event a player arrives at a facility and has an elevated temperature of 100.4 degrees or higher, or in the event a player falls ill during an on-ice activity, the player will be removed from the ice and placed in a designated room with a supervising adult. The player's parent/guardian in the emergency contact listing will be contacted immediately to pick up the player.
- If a player/coach/parent is symptomatic and has taken a test, it is expected that the player removes themselves from all team activity until a result is obtained. **If negative, a return to activities can occur after being symptom free for 24 hours.**
- **If a player was deemed a close contact to a confirmed positive case of COVID-19, it is expected that they follow current CDC guidelines for quarantine or adhere to any quarantine timelines provided by MDH and/or local health officials.**
- If a player tests positive for COVID, the family must report the positive result immediately to EPHA by emailing secretary@ep hockey.com and the EPHA will report the case to MDH and local health officials. EPHA will then identify and contact those who had been in contact with the player and will follow up immediately with those identified on the contact list. Team activities will be paused until local health officials and/or MDH is consulted.
- If a positive case is revealed on the team of an opponent, it is expected that the team consult the MDH decision tree, and monitor the health and temperatures of all involved very closely for 14 days.
- Prior to the start of the season, all coaches and team managers will be trained on how to handle COVID-related emergencies per Minnesota Hockey guidelines.

## **COMMUNICATION and PROTOCOL**

- EPHA will continue to update its members as to any changes to the COVID-19 Preparedness Plan. As information and guidelines from MDH, the CDC, and Minnesota Hockey continue to change, EPHA will do its best to promptly update its Preparedness Plan and notify its members accordingly as soon as possible.
- This plan supplements existing EPHA policies, rules, procedures and regulations. All current policies, rules, procedures and regulations remain in full effect, except for instances where this plan directly contradicts another current policy, rule, procedure or regulation. Therefore, users are encouraged to review all other such policies, rules, procedures and regulations in conjunction with this plan. In the event a member has any questions related to the Preparedness Plan, please contact Sarah Hendrickson at: secretary@ep hockey.com
- The EPHA's Preparedness Plan was initially communicated to all members as of August 31, 2020. Additional communication and training will be ongoing as the COVID-19 effects continue to evolve. The information on [www.ep hockey.com/covid19](http://www.ep hockey.com/covid19) will be kept current.

**Certified by:**

**Linda Elmquist**

**President, Eden Prairie Hockey Association**

**February 8, 2020**